

NEX celebrates 10th anniversary of serving patrons



Pearl Harbor Navy Exchange

The Pearl Harbor Navy Exchange (NEX) observed its 10th anniversary Oct. 24-28 with a weeklong celebration. Activities included special appearances, entertainment from the Navy's Pacific Fleet Band, food and product demonstrations, sales, a cake-

cutting ceremony and prize giveaways.

Stephanie Lau, NEX marketing and customer relations manager, said, "For the past 10 years, NEX has prided itself to be the best place to shop, work, and save our authorized patrons money every day. "Because authorized patrons made NEX Pearl Harbor their preferred place

to shop, within a two-year period, NEX has been able to donate more than \$10 million to our local MWR (Morale, Welfare and Recreation)."

"NEX would like to thank our valued and loyal patrons, and our local vendor community for making Navy Exchange Pearl Harbor the number one store, system wide," Lau said.



Russell leapfrogs in the standings with win over Texas

Story and photo by
Randy Dela Cruz

Sports Editor

Facing their third loss of the season, USS Russell (DDG 59) averted a deeper drop in the standings and kept their playoff hopes alive by coming back to beat USS Texas (SSN 775) Lower Level Mafia, 26-9, Oct. 27, in an intramural flag football Afloat Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Down early by a score of 9-0, Russell went on to score 26 unanswered points to improve their record to 4-2 and jump from fifth to third place in the Afloat Division.

"This is extremely big because right now with the Lake Erie losing, we have a better record, so we're going to bump up to third seed," said Russell quarterback and coach Yeoman Seaman Warren Taylor. "We were sitting at fifth seed, and only the top four teams will make the playoffs."

The Russell win seemed improbable at the start of the game as Texas LLM stormed out in front, 2-0, on a safety before Texas quarterback Logistics Specialist 3rd Class Jesse Olstad found receiver Machinist's Mate 2nd Class Gordon Riechert on a crossing pattern that covered 65 yards and a touchdown for a 9-0 advantage.

Despite the fast start by Texas LLM, Russell kept their spirits up, and it paid off on the very next drive.

Taylor overcame a sack by Texas LLM lineman Senior Chief Machinist's Mate Jeff Hiscocks and two incomplete passes to march



Culinary Specialist 3rd Class Jarrett Holmes of USS Russell (DDG 59) goes up to beat the defensive coverage of USS Texas (SSN 775) Lower Level Mafia Machinist's Mate 3rd Class Nick Canino to score his touchdown of the game. Russell defeated Texas LLM, 26-9, to move into third place in the Afloat Division.

Russell 65 yards and a touchdown on seven plays.

The final 36 yards came on a pass from Taylor to Culinary Specialist 3rd Class Jarrett Holmes, who made a leaping catch in the end zone for six to pull Russell to within three points at 9-6.

Then on Texas LLM's first play following the Russell score, Holmes stepped up once again by picking off an Olstad pass to

set his team up at the 18.

"That was huge for us," Taylor admitted. "Holmes is a big-time player. As the coach of this team, I feel that I can put all of my trust in him."

After Taylor picked up two yards on a keeper, the QB tossed a 16-yard pass to Holmes, who was wide open in the left corner of the Texas end zone, to storm into halftime with a 12-9 lead.

"I kept seeing him (Holmes) on a comeback route and he kept on getting open," Taylor noted. "So I'm the QB, I got to throw it to the open guy."

Momentum followed Russell into the second half as Taylor led the team on a 65-yard drive to pay dirt and, with the added extra point, a 19-9 lead.

In the drive, Taylor misfired three times and was sacked by Machinist's Mate

1st Class Mickey Leslie on the first five plays.

However, the Russell signal caller quickly rebounded and moved the team from his own 23 to the Texas 17 on the next three plays from scrimmage before hitting Operations Specialist 3rd Class Collin Taylor with a pass down the middle for six.

With time winding down, Olstad was looking to narrow the margin and led a

drive from his own 15 down to the Russell two-yard line.

Facing second and goal-to-goal, Olstad was flushed out of the pocket and threw a pass toward the middle of the field, only to have it picked off by Russell Operations Specialist 2nd Class Kenneth Jenkerson.

Having only the green field ahead of him, Jenkerson took off and sped upfield for a 79-yard pick six to seal the game away.

"From the leaders on the team, they told me to stay back and watch out for the run," Jenkerson said. "He (Olstad) meant to throw it to the lineman that I was blocking. The guy wasn't paying attention, I saw it and took the opportunity and ran it up."

The open field, Jenkerson said, provided enough incentive to keep on going all the way to the end zone.

"I was like a kid in candy store," he said. "As soon as I caught it, I just turned on the afterburners and headed off for the touchdown. I was thinking, just go as fast as I can. As soon as I break the plain, then I can go and celebrate."

By leapfrogging all the way into third place, Taylor said that it's now up to the team to control its own destiny.

The next target, Taylor pointed out, will be its upcoming showdown against USS Lake Erie (CG 70).

"We've proved ourselves all year long," he stated. "We got to beat Lake Erie to remain as third seed. We've got a lot of good players, and I'm going to put my trust in them."

Karate classes offer family-friendly environment

Story and photo by
Randy Dela Cruz

Sports Editor

Since the opening of Joint Base Pearl Harbor-Hickam Fitness Center, Sensei Dickie Shimoko has imparted his considerable years of experience and wisdom to an eager group of karate students every Tuesday night on the facility's second floor from 7-8 p.m.

While the members are constantly pushed to their limits, Shimoko and fellow instructors, such as Senpai Robert Matsushita and retired Air Force Maj. Jeff Hara, use their combined knowledge to instruct and encourage students in a manner that is open and accessible to everyone.

"Everyone can do this," said the 63-year-old Shimoko, who pointed out that entire families have signed up for his classes. "Karate is something that is good for exercise and mental (relaxation). And this style is something that anybody can do. We have people in our other classes that are in their 70s and we have a lot of kids."

Capt. Eric Law, of Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), has been regularly attending Shimoko's class at the fitness center with his 12-year-old son Patrick



Sensei Dickie Shimoko, a fifth-degree black belt, instructs a karate class at Joint Base Pearl Harbor-Hickam Fitness Center. Following in back are Capt. Eric Law and his 12-year-old son Patrick. Classes are held at the fitness center, second floor, every Tuesday from 7 to 8 p.m.

for nearly three months.

Although Law said that the sessions were particularly tough on his 47-year-old body during the start of his training, the exercise and guidance offered by Shimoko have made the workouts easier over time.

"It seemed pretty difficult when I started out," Law admitted. "It's been about 30 years, so getting down into the horse stance was very painful to begin with, but it's

a lot of fun. I'm getting a great full-body workout, control, balance, and it's teaching my son discipline and we get to have father/son time together."

Each one-hour session starts off with a round of warm-ups and stretches that literally loosens students from their heads to their toes.

The remainder of the class focuses on the execution of blocks, strikes, kicks and proper posture,

all in accordance with the school's philosophy of stressing *kata* (forms) over *kumite* (sparring).

Still, Shimoko added that instruction in sparring is also available to those who want to give it a try.

Recently, while other members of the class were busy perfecting their form, 15-year-old student Andrew Wakuzawa was learning the finer points of sparring from Matsushita.

Wakuzawa was preparing for an upcoming tournament on the Big Island that is being held Nov. 3.

"We have to teach *kumite* because when you enter a tournament, they have *kata*, *kumite* and weapons," said Shimoko, a fifth-degree black belt (*Godan*), who started in martial arts back in 1969 when he was an Army specialist in Vietnam.

"Here (JBPHH), we just started in July, so give them a year and they'll be doing weapons and everything else."

Although the classes are overseen through Morale, Welfare and Recreation (MWR), Shimoko and his staff are affiliated with International Karate League (IKL).

Fees are \$20 per student and \$15 per additional family member at the fitness center, but according to Shimoko, all of the monies col-

lected go straight to MWR.

Like Shimoko, Hara said he also began his martial arts training back in 1969 and has received a substantial amount of instruction in the orient while serving as an officer in the Air Force.

After years studying aikido, tae kwon do and shotokan, Hara said he gravitated towards karate and loves being back to teach it to the military and its family members.

"This is good to give back," he affirmed. "We don't get paid. This is all nonprofit."

While the workout is good for the body, Matsushita said that there is more to what they teach than just physical exercise.

Ultimately, he stated, the goal is to develop a person who is well rounded in body and soul.

"Through honesty and sincerity comes faithfulness, respect, effort and etiquette," Matsushita said in reciting the core philosophy of IKL. "Everything that they learn within those parameters, we expect them to use that in the real world."

Shimoko offered another good reason why everyone should come and try out the IKL style of karate. "You can do this forever," he said.

For more information, log on to the MWR website at www.greatlife-hawaii.com or call JBPHH Fitness Center at 471-2019.

Win over ‘A’ Team keeps 324th IS in playoff hunt

Story and photo by
Randy Dela Cruz

Sports Editor

A pick six in the second half by 324th Intelligence Squadron (324 IS) Tech. Sgt. Tim Harris thwarted a potential scoring drive by Navy Information Operations Command (NIOC) “A” Team and cleared the way for a 29-12 victory in an intramural flag football American Division game Oct. 29 at Ward Field, Joint Base Pearl Harbor-Hickam.

The 77-yard return for a touchdown by Harris raised the 324 IS lead to 29-6 and led the way for the team to capture its seventh victory of the season against four defeats while NIOC fell to 4-6.

“The only games we’ve lost have been single-digit losses,” said 324 IS quarterback Airman 1st Class Randy Kondrath about keeping the team’s playoff hopes alive. “They were just mental errors early in the season, and I don’t think that’s going to happen again.”

In the convincing win over NIOC, Kondrath headed the 324 IS attack and marched the team to three straight scores with an efficient and effective game plan that consistently moved the chains forward.

Despite being flagged for four different infractions on the team’s first drive, Kondrath moved the 324 IS to the NIOC 25 on six plays before delivering a clutch strike on fourth down to Airman 1st Class Nick Anderson in the back of the end zone for six.

The converted point after touchdown (PAT) made it 7-0 for the 324 IS.

After the “A” Team was forced to punt on only four



Airman 1st Class Randy Kondrath, quarterback for the 324th Intelligence Squadron (324 IS), takes off for a first down during the team’s intramural flag football American Division matchup versus Navy Information Operations Command (NIOC) “A” Team at Ward Field, Joint Base Pearl Harbor-Hickam.

plays, Kondrath, getting the ball in good field position at the NIOC 35, used three plays and then connected with Harris, who made the catch inside the 10, spun past a defender and raced into the end zone.

Another converted PAT raised the 324 IS advantage to 14-0.

Operating quickly to try and get back into the game, NIOC quarterback Cryptologic Technician (Maintenance) 1st Class Kelly Rixie completed a pass on first down to the 34 before taking a gamble on the very next play.

Looking downfield, Rixie sent a pass over the top and connected to a wide-open Information Systems

Technician 2nd Class Chris Hammonds, who made an over-the-head catch and ran into the end zone to reduce the deficit to eight at 14-6.

However, while the quick strike lifted the spirits of the “A” Team, Kondrath stayed calm and directed another 65-yard scoring drive to take a 21-6 lead into halftime.

After moving the ball to the NIOC 39, Kondrath found Harris for an 18-yard pickup and two plays later, hit Airman 1st Class Stephen Renehan in the left corner to complete his third touchdown pass of the first half.

“They (NIOC defense) were playing off on the cor-

ners, so it gave our receivers a lot of space,” said Kondrath about the team’s first three scores. “Quick plays, got yardage, and when they started playing closer, I started going deep and it worked out.”

In the second half, NIOC got the ball and quickly set up shop in the red zone at the 324 IS 10-yard line.

Rixie misfired on third down and with only one play left to score, he fired a pass that was intended for receiver Department of Defense civilian Phil Perez, but was intercepted by Harris.

Seeing the open field ahead, Harris raced down the left sideline and into

the end zone.

The team made good on its two-point conversion to take a commanding 29-6 lead.

“That was huge because if they score a touchdown, it’s only a one-possession game,” said Kondrath about Harris’ pick six. “It just shows how good he (Harris) is on offense and defense.”

Rixie completed a final scoring drive by hooking up with Lt. Damall Martin on a fly pattern to the left corner of the end zone, but it was too little and too late.

In the loss, Rixie pointed to the Harris interception as the pivotal moment of the game.

“That was real big,” Rixie

noted. “I just didn’t see the safety. He was sitting in the corner. I thought I had him beat, so I threw a pass, but he came out of nowhere.”

While the loss may have temporarily dropped NIOC out of the contention, Rixie said he believes that the team still has some life in it.

“I think we are (still in the hunt),” Rixie said. “We just have a few kinks to get squared away, and it’s just a matter of getting on the same page.”

Kondrath stated that there is only one way to keep momentum moving forward for the 324 IS.

“Just keep winning,” he said. “It’s just week by week.”

Air Force recognizes Pacific Air Forces for Tomodachi help

Staff Sgt. LuCelia Ball

Pacific Air Forces Public Affairs

A Pacific Air Forces (PACAF) team was recently recognized when they were awarded the Gen. George C. Kenney Award for Lessons Learned in Washington, D.C.

The award was presented to the 5th Air Force and the then-13th Air Force Detachment 1 Lessons Learned Team by Gen. Herbert “Hawk” Carlisle,

PACAF commander; Sandy Schlitt, Air Force Association chairman of the board; and Dr. Jacqueline Henningsen, director for Studies & Analyses, Assessments and Lessons Learned, Headquarters U.S. Air Force, during the AFA and Space and Technology Exposition.

The team earned their award for actions taken during Operation Tomodachi, named in support of the humanitarian assistance/disaster relief response to the Japan 9.0-

magnitude earthquake and subsequent tsunami that ravaged parts of the country two years ago. The operation consisted of elements from the Department of Defense (DoD), Department of State (DoS), government of Japan, U.S. government relief agencies and non-governmental organizations.

“There were actually two efforts taking place during the operation, one with the folks that were deployed to Yokota Air Base, Japan, and one with the staff here,” said Lt. Col. Kyle Novak, PACAF

chief of analyses and assessments division. “The Kenney Award primarily addressed our efforts at Yokota.”

In addition to providing assistance to the country as it dealt with catastrophic loss of life and extensive property damage and significant challenges imposed by the radiological incident at the Fukushima nuclear power plant, the Air Force managed the evacuation of family members from Japan during a U.S. government-directed non-combatant evacuation order.

The lessons learned team played an important role in the capture, dissemination and incorporation of lessons learned that enhanced the knowledge and expertise of the DoD, DoS and the U.S. Pacific Command with regard to radiological consequence management, voluntary assisted departure, airlift operations and improved HA/DR planning for future crises.

The team’s efforts were enhanced by the direct support received from the entire Air Force Lessons Learned

community, ranging from Headquarters Air Force to other major commands, in particular Air Combat Command, Air Mobility Command and PACAF numbered air forces.

“We were pretty elated to receive the award,” said John Trifonovitch, PACAF division chief of analysis and assessments. “This operation was a total Air Force effort that produced results. To be recognized at the Air Force level emphasized and acknowledged the effort we put in.”

Navy Wounded Warrior: A critical resource for Sailors

Navy Installations Command Navy Wounded Warrior - Safe Harbor Program Staff

This month, Adm. Cecil D. Haney, commander of the U.S. Pacific Fleet, will host the first-ever Wounded Warrior Pacific Trials at Joint Base Pearl Harbor-Hickam and the University of Hawaii from Nov. 12 to 17.

More than 50 seriously wounded, ill and injured Sailors and Coast Guardsmen from across the country - including retired Navy Boatswain’s Mate 1st Class Jim Castaneda - will compete for a place on the 2013 Warrior Games Navy-Coast Guard team.

Early one morning in October 2007, Castaneda suffered a stroke during muster aboard USS Tortuga (LSD 46). The stroke was entirely unexpected and, in a matter of moments, Castaneda’s life was forever changed.

Shortly after arriving at Naval Medical Center San Diego for treatment, Castaneda was referred to Navy Wounded Warrior



Photo courtesy of Navy Installations Command

Retired Coast Guard Electrician’s Mate 3rd Class Michael Bell and Retired Navy Boatswain’s Mate 1st Class Jim Castaneda compete in the 2012 Warrior Games.

(NWW) - Safe Harbor.

His NWW non-medical care manager helped his family navigate the various non-medical issues – from securing various payments and entitlements, to providing advice on a home application, to accessing Veterans Affairs benefits – that threatened to distract from

Castaneda’s recovery.

“[NWW] is one of those programs that commands may have heard about but don’t know too much about,” said Castaneda. “But once they know what it does and how it helps families and severely injured Sailors they will appreciate it.”

Indeed, only one-quarter

of enlisted Sailors and less than one-half of naval officers are aware of Commander Navy Installations Command’s Navy Wounded Warrior – Safe Harbor program and the services it provides. Yet, it is among the most important resources available to Navy families.

Illness or injury can strike at any time. When they do, NWW can clear away the clutter and allow service members to focus on what’s most important - getting well.

NWW tailors support to each wounded warrior’s recovery, rehabilitation and reintegration needs. Its team of experts addresses pay and personnel issues, child and youth care, transportation and housing needs, education and training benefits, and much more.

The program’s goal is to return wounded warriors to duty, but when that’s not possible it works collaboratively with federal agencies and partner organizations to ensure their successful reintegration back into their communities.

“NWW will address virtually any problem that surfaces during a wounded warrior’s recovery process,” said NWW director Capt. Steve Hall. “NWW non-medical care managers provide enrollees a shoulder to lean on, a helping hand, an ear to listen and encouraging words. They act as advocates

when service members need one most.”

NWW enrollment is not limited to service members who have been wounded in combat operations or shipboard and training accidents. It also is available to those affected by serious illness - like Castaneda - or liberty accidents.

November marks Warrior Care Month, a time to recognize wounded warriors, as well as their caregivers, for their service, sacrifices and achievements. This year’s theme, “Success through Transition,” highlights the many ways wounded warriors and their families thrive after illness and injury - on active duty, on the playing field, in the classroom or on the job.

NWW encouraged Castaneda to get involved in adaptive athletics several years ago, and it has had a tremendously positive impact on his life. He said, “Everyone [competing in adaptive athletics] seems seven feet tall - larger than life. I feel like superman. I can do anything now.”

Sailors and their families are urged to take time during Warrior Care Month to honor and support wounded warriors. They can refer a service member to the program who has experienced serious illness or injury by calling 855-NAVY WWP (628-9997).

Wounded Warrior Games Pacific Trials to be held Nov. 8-19

The 2013 Wounded Warrior Games Pacific Trials will take place Nov. 8-19 with trial event practices beginning Veterans Day, Nov. 12.

Commander, U.S. Pacific Fleet is inviting local and state officials, athletes and entertainers.

Events will include a welcome luau, trials in a variety of

sports, a cycling event in Waikiki and an awards ceremony at the Battleship Missouri Memorial.

November is Warrior Care

Month, with the theme “Success Through Transition.”

A full schedule of events will be published in next week’s issue.

Mighty Mo teak restoration project underway

Don Robbins

Assistant Editor

As a major part of efforts to restore Battleship Missouri Memorial to "flag-ship" condition, a long-range plan is in place to replace all 54,000-square-feet of teak deck.

So far, volunteers have restored about 11,000 square feet and are doing it in 1,000 square foot increments, said Senior Chief Enrique Acosta, military volunteer project lead for the project.

The process entails volunteers ripping up a 1,000 square foot section of old teak, then a local contractor bead blasts and primes the deck, and then the "Mighty Mo" teak team does the underlayment and lays the new teak down. "This is a great opportunity to contribute to preserving our Naval heritage," Acosta said.

Members of the Battleship Missouri Memorial "teak team" replace portions of the teak deck.

Photo courtesy of Senior Chief Enrique Acosta



What to do when your child has a common cold, runny nose

Centers for Disease Control and Prevention

A cold usually includes a runny nose, sore throat, sneezing, and coughing. These symptoms can last for up to two weeks.

Tips for preventing the common cold include:

- Practice good hand hygiene.
- Avoid close contact with people who have colds or other upper respiratory infections.

More than 200 viruses can cause the common cold. The rhinovirus is the most common type of virus that causes colds

When germs that cause colds first infect the nose and sinuses, the nose makes clear mucus. This helps wash the germs from the

nose and sinuses.

After two or three days, the body's immune cells fight back, changing the mucus to a white or yellow color. As the bacteria that live in the nose grow back, they may also be found in the mucus, which changes the mucus to a greenish color. This is normal and does not mean you or your child needs antibiotics.

Signs and symptoms of the common cold include:

- Sneezing
- Stuffy or runny nose
- Sore throat
- Coughing
- Watery eyes
- Mild headache
- Mild body aches

See a healthcare provider if you or your child has:

- A temperature higher than 100.4° F.
- Symptoms that last

more than 10 days.

- Symptoms that are not relieved by over-the-counter medicines.

Your healthcare provider can determine if you or your child has a cold and can recommend symptomatic therapy. If your child is younger than three months of age and has a fever, it's important to always call your healthcare provider right away.

Antibiotics are needed only if your healthcare provider tells you that you or your child has a bacterial infection. Your healthcare provider may prescribe other medicine or give tips to help with a cold's symptoms, but antibiotics are not needed to treat a cold or runny nose.

Since the common cold is caused by a virus, antibiotics will not help it get better. A

runny nose or cold almost always gets better on its own, so it is better to wait and take antibiotics only when they are needed. Taking antibiotics when they are not needed can be harmful.

Rest, over-the-counter medicines and other self-care methods may help you or your child feel better.

For more information about symptomatic relief, talk to your healthcare provider or pharmacist.

Remember, always use over-the-counter products as directed. Many over-the-counter products are not recommended for children younger than certain ages.

For more information about colds and other health and safety topics, visit the website www.cdc.gov.

Can you share your Thanksgiving feast with an Airman?

Hickam Communities LLC

How about setting out an extra chair at your family's Thanksgiving Day feast this year and invite a single Airman, or two, to celebrate?

The annual Bring an Airman Home for the Holidays program at Joint Base Pearl Harbor-Hickam is seeking families from Hickam Communities to host single Airmen or geographically single bachelors in their homes to enjoy a Thanksgiving Day meal. The program, started eight years ago by Hickam Communities, has 400 Airmen, thousands of miles from their own families, who have spent the holiday with Hickam Communities families.

"Our program's success is really attributed to the hundreds of families who have generously opened their homes to our Airmen and invited them to be part of their family," said Jerry Schmitz, project director of Hickam Communities. "The *aloha* spirit is alive and well!"

Hickam Communities will donate a commissary gift certificate that will cover the cost of a turkey to families that host a single Airman in their home. Families that host more Airmen can receive additional certificates.

Hickam Communities residents who want to participate in the Bring an Airmen Home for the Holidays program can register by sending an email to ThanksAirmen@hickamcommunities.com. Include your name, address, contact information, and the names of Airmen you have invited. Indicate in your email if you would like assistance finding Airmen to host. The deadline to register is Nov. 15. For more information, call Hickam Communities at 423-2300.

ASBP blood drive schedule announced for November

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Currently scheduled drives include:

Nov. 5, 10 a.m. to 2 p.m., Pearl Harbor Memorial Chapel fellowship hall.

Nov. 6, 9 a.m. to 1 p.m., Naval Computer and Telecommunications Area Master Station NCTAMS Gym, 500 Center St., Wahiawa.

Nov. 15, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island.

Nov. 19 and 20, 7 a.m. to noon, 3rd Radio Battalion, Marine Corps Base Hawaii.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

Turn off outdoor lights near beach to help seabirds

Rebecca Hommon

Navy Region Hawaii Environmental Counsel

Earth Tip: Turn off outdoor lights if you are near the beach.

Why should this be done? Is it to be able to enjoy the night sky? Well, in part, yes.

But the other part of the story during the autumn season is to avoid disorienting fledging Pacific seabirds.

Shearwaters, seabirds given that name because of their graceful flying between the waves, have nested and are about to show their young that it's time to head to the sea for the winter to feed.

When the adults and young fledglings take off on a moonless night, big lights could look to them like the moon. The birds circle until they tire, then drop either hurt or dazed.

The Navy's Pacific Missile Range



Photo by Jim Denny

A Shearwater positioned outside of a burrow at Kilauea Point National Wildlife Refuge.

Facility has changed as many lights as it can to green lights which don't seem to confuse the birds.

They have also adjusted the remaining lights to focus downward and added shields so the light goes down rather than out. To learn more about birds and night lighting, see bitly.com/PHM6ki.

Postal service announces mailing dates

The United States Postal Service has announced that Christmas mailing dates for 2012 are:

- Hawaii to the U.S. mainland, the first class/priority deadline is Dec. 18 and the express mail deadline is Dec. 20.

- Hawaii to Hawaii, the first class/priority deadline is Dec. 20 and the express mail deadline is Dec. 22.

- Hawaii to Guam and Saipan, the first class/priority deadline is Dec. 14 and the express mail deadline is Dec. 20.

- Hawaii to American Samoa, the first class/priority deadline is Dec. 13 and the express mail deadline is Dec. 19.

- Hawaii to military APOs and FPOs, the first class/priority deadline is Dec. 10 and the express mail deadline is Dec. 15. Express mail military service is available to selected military post offices. Some express mail destinations may have extended service commitments. Check with your local post office.

- Hawaii to international destinations, the first class/priority deadline is Dec. 10 and the express mail deadline is Dec. 15. For Africa and Central/South America, send first class/priority by Dec. 1 and express mail by Dec. 10.

Express mail international service is available to 190 countries with an average of three to five business days.

For surface mail, allow up to six weeks to domestic locations and two weeks for international. For APO/FPO/SAM parcels, mail by Nov. 17.

"Seasons greetings from Hawaii" flat rate boxes are available only in Hawaii. The limited edition holiday large flat rate box featuring a logo are for sending gifts and if it fits, it ships anywhere in the United States for a flat fee of \$15.45 (up to 70 pounds) at post offices statewide beginning Nov. 23 and \$14.65 online.

For information, visit the website www.usps.com

Forest City announces holiday activities schedule

Forest City Military Communities has announced upcoming activities for Joint Base Pearl Harbor-Hickam.

Central community events include:

- Nov. 7, craft day at Camp Stover, 11 a.m. to 1 p.m.
- Nov. 16, favorite Thanksgiving recipe contest, entries due by 2 p.m.
- Nov. 16, monthly themed

Thanksgiving coloring contest, entries due by 2 p.m.

- Nov. 23, Pearl City movie day, 1:30 to 3:30 p.m.

East community events include:

- Nov. 12, veterans appreciation day, 8 a.m. to 4 p.m.
- Nov. 16, Radford movie day, 2 to 4:30 p.m.

- Nov. 21, "Be thankful" Thanksgiving craft day, 2 to 4:30 p.m.

- Nov. 23, basketball clinic, 1:30 to 4 p.m.

- Nov. 30, Halsey poolside party, 3 to 4:30 p.m.

West community events include:

- Nov. 2, Ford Island monthly self-help, 9 to 11:30 a.m.
- Nov. 12, veterans appreciation day

event, 8 a.m. to 4 p.m.

- Nov. 14, McGrew and Halawa community cleanup, 9 a.m. to 2 p.m.

Check with your resident services office the times and dates of additional events in the community. Visit the www.fcnavyhawaii.com website and www.facebook.com/fcnavyhawaii site for daily community updates.

PEARL HARBOR-HICKAM Maniawa Nanea LEISURE

Morale Welfare & Recreation

Movie Showtimes

Community Calendar

YOUTH BASKETBALL REGISTRATION

Registration for youth basketball ends Nov. 9. The season runs from December to March. Registration is open to youth ages 5-15. Teams compete in the Hawaii Military Youth Athletic Association. The fee is \$65 and includes jersey, shorts and award. FMI: www.greatlifehawaii.com.

2013 NFL PRO BOWL

The NFL's best return to Hawaii for the season-ending all-star exhibition at Aloha Stadium on Jan. 27, 2013. Tickets go on sale at Information, Tickets & Travel on Friday. Prices start at \$50 per person. There is a limit of eight tickets per person on the first day of sale. FMI: 473-0792.

DIVE-IN MOVIE

A free movie showing of "The Sandlot" will take place at Hickam Pool 2 tonight. The movie will begin at dusk. Children under the age of 10 must be accompanied by an adult. FMI: 448-2223.

MWR SUPER GARAGE SALE

The Moreal, Welfare and Recreation (MWR) Super Garage Sale will be held from 8 a.m. to noon Satuday at Richardson Field. Admission is free and open to the public. FMI: 473-0792.

GLASS BOTTOM BOAT RIDE

There will be a glass bottom boat ride with Liberty on Saturday. Departures are from Liberty Express at 10 a.m., Beeman Center at 10:45 a.m., Instant Liberty at 11 a.m. and Makai Recreation Center at 11:15 a.m. The cost is \$5 per person. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

SAILING INSTRUCTION

Sailing instruction is offered from 9:30 a.m. to noon Saturdays, Nov. 3 to 24, at Rainbow Bay Marina. This course offers a brief introduction to sailing and includes an overview in the classroom, demonstration of rigging and some time on the water. This class is open to eligible adults and family members 10 years and older. The cost is \$10 per person. FMI: 473-0279.

MAUNAWILI FALLS HIKE WITH LIBERTY

There will be a free hike to Maunawili Falls with Liberty on Sunday. Departures are from Liberty Express at 8:15 a.m., Beeman Center at 8:45 a.m., Instant Liberty at 9 a.m., and Makai Recreation Center at 9:15 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

OAHU HIGHLIGHTS TOUR

There will be a tour of Oahu 8:30 a.m.-3:30 p.m. Nov. 8. The tour features the major sights of east and central Oahu, including Hanauma Bay, Pali Lookout, and National Memorial Cametery of the Pacific (Punchbowl). The cost is \$45 for adults, \$40 for children, and free for children 2 and under if they sirt on an adult's lap. Lunch is included. Departures are from Information, Tickets & Travel- Hickam. FMI: 448-2295.

November

Now ~ The Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS) pool is closed until further notice. FMI: 653-5306.

3 ~ The Hawaii Armed Services YMCA (ASYMCA) will hold a father/daughter dance at Hickam Officers' Club. Call ASYMCA for ticket prices. FMI: 473-3398.

8 ~ CORE Hawaii's Leadership Continuum for commanding officer/executive officer spouses will have its first workshop of the year, "Keeping Your Team Afloat When Life's Waves Are Roughest: Disaster and Crisis Management" 9:30 a.m. to noon. FMI: Verdi at 474-1999, ext. 6100 or email leadership4U@hotmail.com.

10 ~ World War II Valor in the Pacific National Monument will hold an "After Dark in the Park" lecture at 6:30 p.m. Nov. 10 about women pilots during World War II. This is free and open to the public. Author and historian Vera Williams will discuss her book "WASPs: Women Airforce Service Pilots in WWII." Due to limited seating, RSVP to Amanda Carona. FMI: 423-7300, ext. 7048.

10 ~ The 37th annual fall craft fair will be held from 9 a.m. to 3 p.m. at the Hickam Arts and Craft Center. The event is free and the center is located at 335 Kuntz Ave., building 1889. Vendor booths are sold out. Public access will be via Elliot Street and Kuntz Gate or through public transportation via The Bus #19. FMI: 448-9907 ext. 101 or visit www.greatlifehawaii.com.

15 ~ The Junior Officer Spouses' Ohana will hold a workshop 5:30-8:30 p.m. at Lockwood Hall at Joint Base Pearl Harbor-Hickam. The theme of the workshop is "Island Stylin'" and will feature a stylist and crew who will provide free demos and tips for looking your best at official functions and beyond. This event is open to Navy and Coast Guard spouses of CWO 1-5 and O1-04 officers. RSVP by Nov. 2 to 474-1999 or hawaiijspouse@gmail.com.

16 ~ Hui O'Wahine Fort Shafter Spouses Club will host its annual auction and cocktail social 6 to 10 p.m. at the Hale Ikena. This year's theme will be "Denim and Diamonds." Tickets are \$25 per person, \$40 per couple. Pupus will be available. The event is open to the public and all branches of the military are invited. RSVP by Nov. 9 to reservations@huiowahine.com. FMI: Tiffany Jacobs at (785) 320-0399.



Resident Evil: Retribution (R)

The Umbrella Corporation's deadly T- virus continues to ravage the earth, transforming the global population into legions of the flesh eating Undead. The human race's last and only hope, Alice, awakens in the heart of Umbrella's most clandestine operations facility and unveils more of her mysterious past as she delves further into the complex. Without a safe haven, Alice continues to hunt those responsible for the outbreak.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Hit & Run (R)

SATURDAY
2:30 PM Finding Nemo 3-D** (G)
4:45 PM Resident Evil: Retribution (R)
7:00 PM Lawless (R)

SUNDAY
2:30 PM Finding Nemo (G)
4:45 PM Premium Rush (PG-13)
7:00 PM House at the End of the Street (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Trouble with the Curve (PG13)
8:30 PM Lawless (R)

SATURDAY
4:00 PM Paranorman (PG)
7:00 PM Trouble with the Curve (PG13)

SUNDAY
2:00 PM Paranorman (PG)

**\$1 for 3-D Glasses Rental



Highlights from this week in USAF and PACAF history

Charles Nicholls

PACAF historian

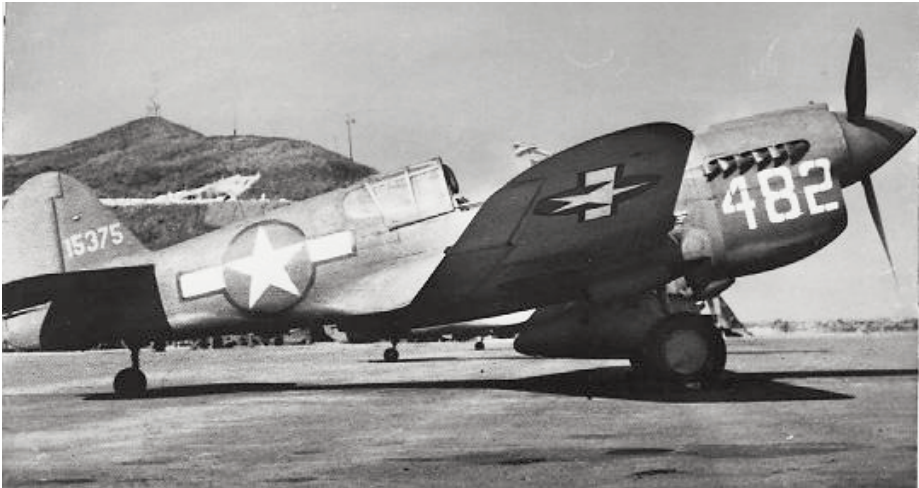
- On Nov. 1, 1940, the Air Corps activated the Hawaiian Air Force at Fort Shafter to provide air defense of the Hawaiian Islands.

At the time of the attack on Dec. 7, 1941, it had two pursuit groups at Wheeler Field (P-36s and P-40s), two bomber groups at Hickam Field (B-17s and B-18s), and some transports, observation planes and A-20 light bombers. This unit later became the Seventh Air Force.

- On Nov. 2, 1943, the Fifth Air Force attacked Japanese shipping and bases at Rabaul to protect the U.S. invasion of Bougainville. Three B-25 groups escorted by seventy P-38s sank three Japanese destroyers, eight merchant ships, and destroyed 80 enemy aircraft.

During this action, Maj. Raymond Wilkins earned a posthumous Medal of Honor. Wilkins led his B-25 squadron in the attack and put his own airplane in the position of greatest risk.

Despite battle damage,



U.S. Air Force photo

A P-40 is shown at Bellows Field, Oahu.

he continued his attack, strafing harbor vessels and scoring direct bomb hits on an enemy destroyer and a transport. Bombs expended, he was withdrawing his squadron when he saw a heavy cruiser barring their path.

Wilkins went in for a strafing run to neutralize the cruiser's guns and attract its fire, which brought him down.

- On Nov. 3, 1944, Japanese balloons with bombs attached were first launched against the United States. The Japanese hoped the jet stream would carry them

eastward across the Pacific.

The Japanese launched some 9,000 balloon bombs against the U.S. during the war. The bombs were meant to start forest fires, produce chaos and divert U.S. manpower from the war effort. They were also a reprisal for the Doolittle raid on Tokyo.

The hydrogen-filled balloons were 33 feet in diameter and carried ballast and hydrogen release mechanisms to maintain altitude across the North Pacific. They were armed with incendiary and anti-personnel bombs. Only

about 300 were ever observed in North America. The easternmost balloon reached the Detroit suburbs.

Analysts estimate that as many as 1,000 Japanese balloon bombs reached the U.S. mainland. Fighters in the U.S. intercepted about 20 of the balloons. The only fatal attack occurred in Oregon when a pastor's wife and six children were killed.

The U.S. strategy was to keep the Japanese from knowing that any balloons had reached the mainland. The press cooperated by not pub-

lishing any incidents.

The Japanese learned of only one bomb that got to Wyoming but failed to explode, so they stopped the launches after less than six months. After the war, the press blackout was lifted and the public was warned about the potential danger of finding unexploded bombs.

The last balloon with a still-lethal payload was discovered in 1955, and balloon remnants have been found as late as 1992.

On March 10, 1945, one of the balloons came down at the Manhattan Project's Hanford Site in Washington state. It short-circuited power lines to the nuclear reactor cooling pumps, but backup devices quickly restored power. The Hanford Site was the world's first plutonium production facility, and it provided materials for the Trinity test and the Nagasaki weapon.

- On Nov. 3, 1965, a B-52 successfully fired an AGM-28 Hound Dog missile over Green River, Utah on a route to White Sands Missile Range.

The mission of the Hound Dog was to attack

segments of the Soviet Union's air-defense system so that the launching B-52 could penetrate to its primary target.

It had a maximum speed over Mach 2, a 49,000-foot ceiling and a range of nearly 600 nautical miles. It could conduct high or low altitude attacks with either air or surface detonations.

The Hound Dog was deployed for 15 years until the missile was replaced by newer weapons including the AGM-69 short range attack missile and the AGM-86 air-launched cruise missile.

- On Nov. 2, 2001, during Operation Enduring Freedom, an MH-53 Pave Low helicopter crew rescued another MH-53 crew whose helicopter had crashed on a mission in the mountains of Afghanistan.

The crew of Knife 04 from the 20th Special Operations Squadron, Hurlburt Field, Florida, received the 2001 Mackay Trophy for performing "extraordinary acts of valor and heroism" behind enemy lines in extremely bad weather in the mountains of Afghanistan.

Events scheduled to commemorate Veterans Day

Events across Oahu have been scheduled for Nov. 11 to commemorate Veterans Day.

They include:

- Ceremony at the Hawaii State Veterans Cemetery, Kaneohe, 1 p.m.
- Oahu Veterans Center Veterans Day Ceremony at the National Memorial Cemetery of the Pacific (Punchbowl), 10 a.m.
- USS Missouri Memorial Veterans Day Ceremony, 4:30 p.m.

In addition, the Wahiawa Lions will stage their 66th annual Veterans Day Parade Nov. 12. A joint service color guard will lead marchers up California

Avenue at 10 a.m. from Kaala Elementary School to the Wahiawa District Park. The theme of this year's parade is "Mahalo Veterans."

Maj. Gen. Kurt Fuller, commanding general, 25th Infantry Division, will be the featured speaker at the program at the district park following the parade.

The event will also include participation by members of the 442nd Regimental Combat Team, Military Intelligence Service, 1399th Engineer Construction Battalion, 100th Infantry Battalion, Silver Star medalists and Military Order of Purple Hearts.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE: 808-473-1782

EMAIL: prlh-cnrhig@navy.mil

Free X-ray of Halloween candy available at terminal

The Hickam AMC Passenger Terminal will provide a free service to screen children's Halloween candy through Nov. 3.

The terminal will X-ray the candy to ensure there aren't any hidden tricks in your treats. Stop by the AMC Passenger Terminal with your candy. See Facebook for more updates, events and flight information at www.facebook.com/HickamAMC.

Ask passenger service agents for assistance. For information, call the passenger service center at 449-6833, option 7.

WHO SAID IT?

“You cannot create experience.
You must undergo it.”

Last Week's

WHO SAID IT?

“Without music, life
would be a mistake.”

Friedrich Nietzsche

This Week's Trivia

What is the meaning and origin of the term “Bravo Zulu?”

Last Issue's Question:

On Oct. 21, 1942, the head nurse at Hickam Hospital became the first woman to be awarded a Purple Heart. Who was she and why did she receive it?

Answer:

Lt. Anne Fox received the Purple Heart “for outstanding performance of duty and meritorious acts of extraordinary fidelity and essential service” during the attack on Dec. 7, 1941. When the Purple Heart criterion changed to being wounded in action, Fox was awarded the Bronze Star instead.

PAM will celebrate its anniversary Dec. 6 with gala

Pacific Aviation Museum Pearl Harbor

The Pacific Aviation Museum will celebrate its sixth anniversary Dec. 6 with an anniversary gala.

“It will be another glittering evening of friends of the museum, fine cuisine and fabulous entertainment with proceeds helping to fund our education and restoration projects. And, as this is the museum's annual fundraising dinner, we encourage table sponsors as well,” said Kenneth DeHoff, museum executive director.

Guests will be greeted at the door of hangar 37 with re-enactors dressed in period costumes. They will be entertained with a “1940s Radio Show” at dinner and eat cuisine from Chef Chai of Chai's Island Bistro.

A silent auction will be held for items such as trips and hotel stays, wines, jewelry and art. The event will also recognize the recipients of two special awards, the Building Bridges Award and the S.T.E.M.



Photo courtesy of Pacific Aviation Museum

The Pacific Aviation Museum will celebrate its sixth anniversary Dec. 6.

Education Award.

The recipient of the Building Bridges Award is the Military Affairs Council (MAC), an affiliate of the Chamber of Commerce of Hawaii.

The award recognizes and honors exceptional individuals or organizations that have made significant contributions toward bringing together

the civilian and military communities in order to strengthen and promote mutual understanding of the respective communities' interests, needs and initiatives.

The recipient of the S.T.E.M. Education Award is the Marguerite Gambo Wood Foundation. The award recognizes and honors exceptional individuals

or organizations for their outstanding achievements in educating Hawaii's youth in the areas of science, technology, engineering and math.

For more information on purchasing tickets or tables, call Carol Arnott, director of development, at 441-1006, or visit the website PacificAviationMuseum.org.

Military installations to hold turkey trots Nov. 17

Two turkey trot races will be held at Oahu military installations Nov. 17.

Bellows Air Force Station will hold its third annual Turkey Trot 5K Fun Run starting at 8 a.m..

The event is open to all military ID cardholders, Department of Defense civilians, family members and sponsored guests.

The course is a three-mile event over asphalt and sand. There is no entry fee, and the first 100 applicants will receive a free shirt. The top three male and female finishers in each age group will receive a turkey.

The packet pickup is between 8 a.m. and 7 p.m. Nov. 15-16 at Turtle Cove (building 220) or on race day from 7 to 7:40 a.m.

The pre-race safety briefing starts at 7:55 a.m.

Register by Nov. 10. For registration forms and more information, visit the website www.bellowsafs.com or stop by Turtle Cove.

In addition, the Marine Corps Community Services' (MCCS) Semper Fit program will hold the annual Turkey Trot 10K Run at 7 a.m. at Dewey Square, Marine Corps Base Hawaii, Kaneohe Bay. This Commanding Officer's Fitness Series race is open to the public.

The turkey trot provides a running tour of the base before the Thanksgiving holiday. Entry costs are \$25 per individual entry, or \$90 for a six-person formation. Late fees begin after 4 p.m. Nov. 10.

Online registration is available until 4 p.m. Nov. 13. Registration will also be accepted at the K-Bay Semper Fit Center or onsite on race day.

Turkey trot awards will be given to the top three overall male and female finishers, to the top three finishers in each divisional category, and to the first formation to finish. Call 254-7590 for packet pick-up information.

A family fun run will also take place at 8 a.m. where kids and parents can take part in a one-mile Turkey Trot. Participation ribbons will be given out to all children who take part in the fun run.

For more information, call Semper Fit at 254-7590.